

Directions

For Men



Free peer support for men who may be struggling.

Don't face your problems on your own.

Directions For Men want to help men who are having a tough time.

We meet to talk about the things affecting us, support each other and learn better ways of coping with problems.

We also arrange activities you can take part in to take your mind off things

When?

Tuesdays, 12pm

Where?

**Community Room,
West View Court,
West View Road,
Northenden, M22 4LQ**

Want to know more?

Get in touch on any of our contact details and we can answer any questions about what happens at the sessions.

You don't need to be referred, just turn up.



DirectionsForMen



Directions4Men



07894971434



hello@directionsformen.org.uk

